

JULY 2024 TRAINING PLAN

INTERMEDIATE LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	1 20min warm-up (easy) 4x1min on/1min off 6x30sec on/1min off 10min cooldown (easy) RACE WEEK	2 Strength Week 3 Day 4 (3x8)	3 1-2mi shakeout 6x strides	4 	5 Mobility	6 30min easy effort run	7 FULL REST DAY
WEEK 2	8 3mi easy run	9 Strength 2 Week 1 Day 2 (2x12)	10 15min warm-up (easy) 4x strides 6x800m @ goal 5K pace w/ 400m jogging recovery 10min cooldown (easy)	11 Strength 2 Week 1 Day 1 (2x12)	12 2mi easy run 4x strides	13 6 mile easy effort long run	14 FULL REST DAY
WEEK 3	15 3mi easy run	16 Strength 2 Week 2 Day 2 (3x8)	17 15min warm-up (easy) 4x strides 2x: 1mi @ HMP, 3min walk 800m @10K, 2min walk 400m @5K, 1min walk 10min cooldown (easy)	18 Strength 2 Week 2 Day 1 (3x8)	19 3mi easy run 4x strides	20 7 mile easy effort long run	21 FULL REST DAY
WEEK 4	22 4mi easy run	23 Strength 2 Week 3 Day 2 (3x8)	24 15min warm-up (easy) 4x strides 8x800m @ goal 5K pace w/ 400m jogging recovery 10min cooldown (easy)	25 Strength 2 Week 3 Day 1 (3x8)	26 3mi easy run 4x strides	27 8 mile easy effort long run	28 FULL REST DAY
WEEK 5	29 5mi easy run	30 Strength 2 Week 4 Day 2 (2x12)	31 25min warm-up (easy) 15min @ goal 5K pace 10min cooldown (easy)	1	2	3	4

**SEE FULL TRAINING
PLAN FOR RUN
DESCRIPTIONS/
DETAILS**